GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:1089
ANSWERED ON:29.04.2016
Addiction to Social Media
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Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

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(a) whether a recent study conducted by private healthcare institution have shown that one in three teens loose sleep over gadgets, social media in the country and if so, the details thereof;

(b) whether the Government proposes to conduct such studies to gauge the problem of addiction to social media and gadgets in the country and if not, the reasons therefor; and

(c) whether the Government is implementing any awareness programme in this regard and if so, the details thereof?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI SHRIPAD YESSO NAIK)
(a): The Government is aware of the news item published in the national daily that the study conducted at Fortis Health Care on gadgets/social media. Impact of using gadgets or social media ranges from normal, mild, moderate and severe effects as well as addiction. Loss of sleep, restricted physical activity, boredom, loss of leisure time and anxiety are some of the symptoms of internet addiction. There are multiple studies across India which have evaluated the negative impact of excessive use of mobile phone, internet, computer gaming, internet gaming etc.

(b): Department of Health Research supports research proposals on such subjects in its ongoing research activities.

(c): Institute like National Institute of Mental Health and Neuro Sciences, Bengaluru has been providing consultation to the patients of internet addiction at its specialized outpatient department (OPD). National Mental Health Programme also addresses these issues in its clinical interventions.